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# SWIMMING

CAT. BY A. C. D.

Swimming is one of the most healthful of sports. It exercises the body without overheating it. It develops strong, smooth muscles and good lung capacity. It can be enjoyed by well people, from childhood to old age.

### MEDICAL CHECK UP

People who are not well should have their doctor's permission before swimming. If you haven't had a medical check up for a year or more, why not have one before your vacation starts? Find out for sure just how much exercise and sun are good for **you**.

### WATER WISDOM

Before you swim in a river, lake, or swimming pool, make sure that the water is not polluted. Contaminated rivers and lakes spread such diseases as typhoid and dysentery. A swimming pool that is crowded and unclean can spread any number of diseases. Every swimming pool should be cleaned regularly and thoroughly, have a change of water often, and have chlorine added to the water. The local health department will know about the condition of pools and bathing beaches in their territory. Feel free to check with them.

### SWIMMING TIME

Don't go into the water immediately after meals, or when tired from other exercise. Always come out before you get tired or chilly. A swim should leave you relaxed and comfortable. If it doesn't, you have stayed in the water too long. Take a shorter swim next time. Remaining in the water after you feel chilly lowers your resistance to infections such as colds, pneumonia, sinus, or ear infections.



Getting overtired is dangerous too. It puts a strain on your heart and blood vessels.

## DOUBLE SAFETY

On a long swim have someone row along beside you, or go with another good swimmer. Be sure that you both know lifesaving methods. The most expert swimmer may drag you down if he gets a cramp. Rescue training will teach you how to avoid his clutches while you tow him to shore. Unless you both know lifesaving methods, better swim within rescue distance, or parallel to shore.

Don't attempt a long swim the first few days of the season. Your swimming muscles have lost their strength through the winter. Give them time to get strong again before attempting distance, strong currents, or a heavy sea.

## FEET FIRST

Before diving in a new place, test the water for depth and hidden logs or rocks. Lakes and rivers change in depth according to rainfall. In salt water, there are high and low tides to consider when diving from a stationary platform. **Find out for yourself** if your dive should be a shallow one. Don't risk a broken neck.

If you have trouble with your sinuses or ears, give up diving and underwater swimming. Water in the nose washes away protective secretions that help prevent infection. Too, infections can wash into the sinuses through the nose, and can reach the middle ear through a passage from the throat.

It will soon become second nature to protect yourself against swimming accidents and illnesses. The health and enjoyment gained by swimming far outweigh its dangers.

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